Toronto metro

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CANADIANS AND OSTEOPOROSIS

ONE IN 3 WOMEN AND 1 IN 5 MEN WILL BREAK A BONE BECAUSE OF OSTEOPOROSIS.

OSTEOPOROSIS IS CHARACTERIZED BY BONE LOSS THAT LEADS TO INCREASED BONE FRAGILITY AND FRACTURES, THAT CAN LEAD TO REDUCED MOBILITY, DECREASED INDEPENDENCE AND CAN IMPACT QUALITY OF LIFE.

Canadians think that bone loss begins around age **45**

IN FACT

BOTH MEN AND WOMEN BEGIN TO LOSE BONE MASS IN THEIR MID-THIRTIES.

85% of Canadians don't think osteoporosis is a fatal disease.

IN FACT

OVER 30% OF PEOPLE WHO SUFFER A HIP FRACTURE WILL DIE WITHIN THE FOLLOWING YEAR.

85% of Canadians don't know that osteoporosis has no symptoms.

IN FACT

THE FIRST SYMPTOM IS OFTEN A BROKEN BONE.

Canadians think only **47%** of broken bones after 50 are due to osteoporosis.

IN FACT

AT LEAST 80% OF FRACTURES AFTER 50 CAN BE ATTRIBUTED TO OSTEOPOROSIS.

85% of Canadians don't know that osteoporosis fractures are more common than heart attacks, stroke and breast cancer.

IN FACT

FRACTURES FROM OSTEOPOROSIS HAPPEN MORE OFTEN THAN HEART ATTACK + STROKE + BREAST CANCER **COMBINED**.

52% of Canadians don't know that osteoporosis **can't** be cured.

IN FACT

OSTEOPOROSIS CAN ONLY BE TREATED. THERE IS NO CURE. PREVENTION IS KEY.

66% of Canadians think it's possible to get enough calcium from foods other than milk products.

IN FACT

MILK PRODUCTS NATURALLY CONTAIN MORE CALCIUM PER SERVING THAN ANY OTHER FOOD. THEY ALSO CONTAIN OTHER BONE-BUILDING NUTRIENTS SUCH AS PROTEIN, PHOSPHORUS, AND MAGNESIUM.

HOW TO KEEP YOUR BONES HEALTHY

GET ENOUGH CALCIUM-RICH FOODS SUCH AS MILK PRODUCTS.

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Survey stats from Ipsos, 2016

Osteoporosis Canada
Ostéoporose Canada

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THE FUTURE LOOKS SLOW

Think driverless cars will ease GTA congestion and parking woes? It's a myth
metroNEWS

TORSTAR NEWS SERVICE

Plus **The present isn't faring much better — downtown construction is driving us bonkers** metroNEWS

Scarborough wants city jobs

PRECARIOUS WORK

Letter to mayor requests 3,000 public sector positions

Gilbert Ngabo
Metro | Toronto

Amid the controversy around Finance Minister Bill Morneau saying Canadians should get used to short-term employment and frequent career changes, community advocates in Scarborough are calling on the city to relocate public sector jobs to the former borough.

Scarborough is home to about 26 per cent of the city's total population, but accounts for only 12.5 per cent of all of Toronto Public Service positions.

In a letter addressed to Mayor John Tory last week, the Scarborough Community Renewal Organization requests the transfer of as many as 3,000 municipal positions to Scarborough. They include important departments like city planning, engineering and construction services as well as purchasing and material management.

"Overall right now, Scarborough has become a very retail dominated environment, and there's not a lot of technical and professional jobs," said the group's co-chair Jennifer McKelvie.

McKelvie said having more city jobs in the suburbs could be a catalyst for potential investment, and would bring policymakers much closer to the communities they serve.

"It's hard to understand the challenges we're facing here in Scarborough unless you're here physically," she said.

The construction of the Bloor-Danforth subway extension is slated to bring many temporary construction jobs to Scarborough, but McKelvie and her colleagues are focused on adding permanent, well-paying jobs to the area.

The move, if supported, could also help some workers cut down on their commute.

"I'd much rather spend that travel time working out and being healthy, or with my family," said McKelvie, whose commute to work at the Canadian Institute for Advanced Research takes about 70 minutes.

Scarborough Centre councillor Glenn De Baeremaeker said it may be cheaper to create offices in Scarborough, North York or Etobicoke than downtown. But it's not just about "waving a magic wand and moving 3,000 jobs just because it's nice," he said.

"There are realities of how you govern," he said, noting the seat of government is in downtown Toronto, which means more city jobs will always be located there.

"Suburbs have to share the wealth of the city but we have to be careful how we go about it," De Baeremaeker said.

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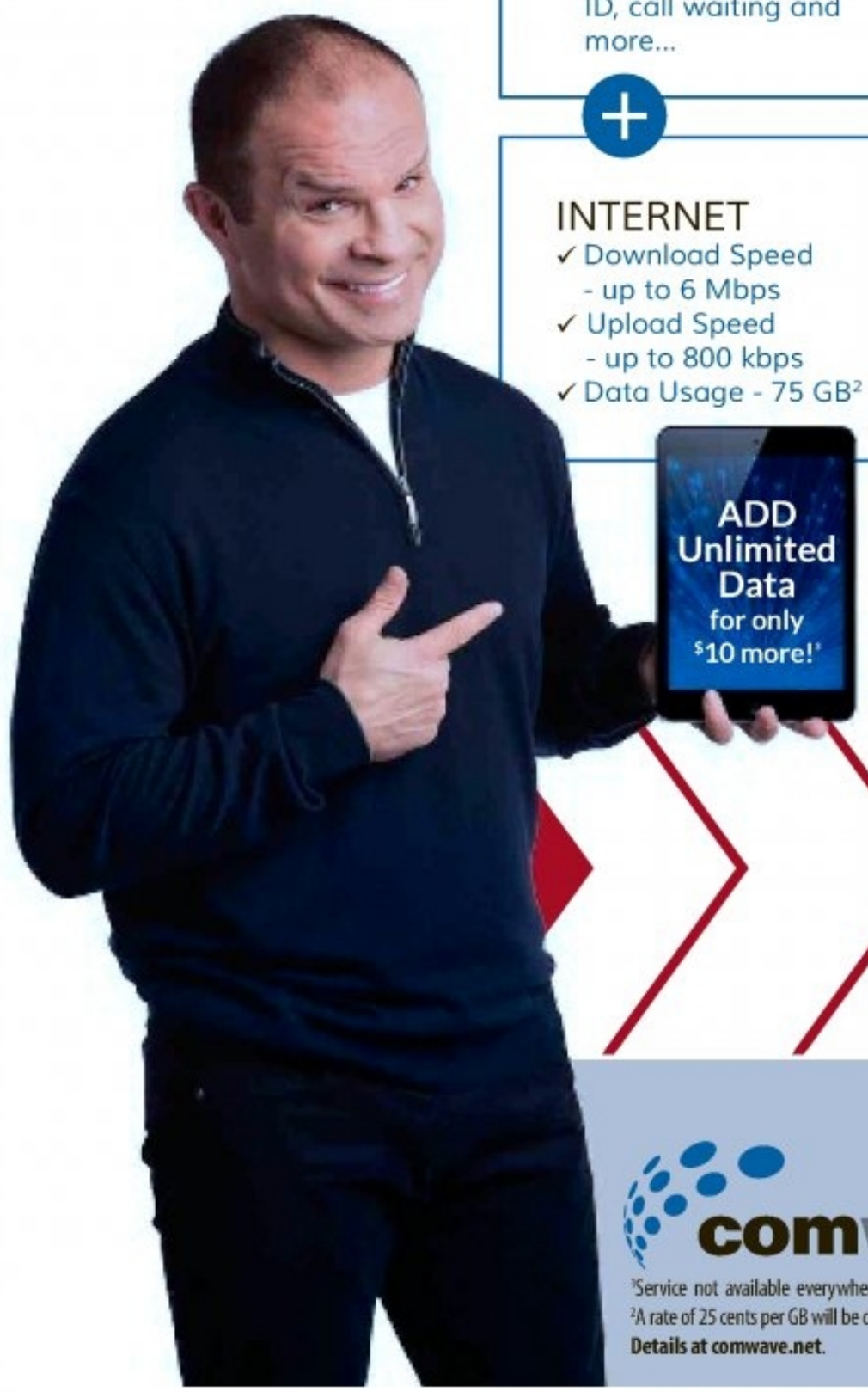

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metro NEWS

Your essential daily news

'A piece of Italian identity is at stake,' Premier Matteo Renzi says after powerful quake. **World**

Humans of Toronto by K. Omar

"I went to Goodlife and a personal trainer came up to me. He was training us for a bit and showed us new stuff. We talked after our workout, and he was giving us a speech about motivation and about being humble. He said 'be humble,' and that stayed with me because when I used to walk outside before that and see homeless or poor people, I would walk past them. Now, I stop and think about them. If I have some, I give the change in my pocket.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

Pumpkin spice craze gets cheesy

FOOD

Cheesemaker to unveil kinds 'you won't find anywhere'

Emma Jackson
Metro | Ottawa

Pumpkin-spice lattes, sure. But pumpkin-spice cheese?

That's precisely what world-renowned Toronto cheese master Afrim Pristine has been developing.

"The Senator," as Pristine has affectionately named his creation, is a washed-rind cheese from Niagara bathed daily in pumpkin juice and spices.

He plans to unveil it next week at the Ottawa Wine and Food Festival, where he's building a 5,500-square-foot cheese vault to showcase 24 cheeses so rare "you won't find them anywhere else on the planet."

If he sounds prone to exaggeration, cast your doubts aside. Pristine was inducted as the world's youngest cheese master by the Guilde Internationale des Fromagers in 2013, at the ripe old age of 32.

He's trained with the world's best cheesemakers and brought his knowledge home to the Cheese Boutique, his family-run store of 46 years.

His pedigree was inherited from his father, grandfather and brother.

Cheese master Afrim Pristine has trained with the world's best cheesemakers and brought his knowledge home to the Cheese Boutique, his family-run store of 46 years. EDUARDO LIMA/METRO

"I just took it a step further," Pristine said.

To him, cheese is "an incredible art form" — especially since all cheeses are basically just milk and salt.

"And yet I have 500 cheeses from all over the world and they're all different," Pristine said. "That's why cheesemaking is magical."

Whether you grew up sneaking Kraft Singles from the fridge or dining on Camembert and crackers with your parents, Pristine said cheese is "in our DNA."

"I think we just over think it," he said.

"My job is to use my training and to find what you want."

My job is to use my training and to find what you want.
Afrim Pristine

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ROADS

Critics to talk crash reporting with force

Months after they first requested a meeting, pedestrian and cyclist advocates in Toronto are set to sit down with police to discuss how fatal collisions are reported.

The meeting was first requested by Bike Law Canada founder Patrick Brown on July 12.

Brown and his colleagues at Walk Toronto and Cycle Toronto will meet with police Tuesday to confront what they see as a tendency to "blame the victim."

"Generally, when you see a pedestrian or cyclist that was hit, you'll see comments about whether they were wearing a helmet, if they had a light on," Brown said.

He requested the meeting after a cyclist was killed in early July. Const. Clinton Stibbe told media the cyclist was travelling too fast and without due care. He admitted the following day that the cyclist had the right of way.

Brown cited the tendency for police to say pedestrians were hit by vehicles, not drivers. "It's never 'a gun shot a bystander,'" he said. LUKE SIMCOE/METRO

LAW ENFORCEMENT

T.O. police not alone in dark-car backlash

Toronto's police force isn't the only Canadian law-enforcement agency to give its vehicles a makeover that critics say makes them seem more militarized and possibly less safe.

Police services across the country, including Vancouver and Calgary, are replacing their aging fleets with cars painted in darker hues — like Toronto's switch from white with red and blue stripes to dark grey with white reflective lettering — and suffering criticism for it.

Last week, Toronto police Chief Mark Saunders acknowledged a "backlash" to the recent colour change, a decision he admits he made without a lot of thought or consultation.

The civilian oversight board has asked for a report on the fleet, and Saunders hasn't ruled out backtracking on the planned rollout.

Former Toronto police chief Julian Fantino said the criticism today reminds him of the blowback when officer shirts changed from baby blue to black.

"We got that with the black shirts, this flurry of rhetoric about storm troopers and back

The new Toronto police car. TORSTAR NEWS SERVICE

to the Nazi era, and on and on. In a way it was comical if not ridiculous," he said Friday.

But Johnathon Vaughn Strebly, ethics chair and president of the Graphic Designers of Canada, said policing agencies seem unaware that "there's a real connection between the use of colours and perceptions," and that these designs convey "oppressive, aggressive, intimidating and combative traits."

Strebly argues Toronto, Vancouver and Calgary appear to be influenced by TV and films such as Robocop and Batman, which is "fine in a fantastical, science-fiction mode." U.S. law enforcement and militaristic influence is also undeniable, he says. TORSTAR NEWS SERVICE

Critics say the imagery associated with Sunnybrook Hospital's new Be Alert, Be Seen campaign "puts all the attention on pedestrians" when it comes to road safety. CONTRIBUTED

Warn drivers, not victims, say critics

SAFETY

Walkers have right-of-way in 2/3 of crashes, say advocates

Luke Simcoe
Metro | Toronto

An upcoming road-safety campaign by Toronto's Sunnybrook Hospital has caught the eye of pedestrian advocates — but not for the right reasons.

Entitled "Be Alert, Be Seen," the campaign aims to bring attention to road safety as we head into the winter months — which are statistically more dangerous.

"Pedestrians need to avoid distractions while walking and be visible when crossing the street. Drivers must focus on the road at all times," reads the invitation to the campaign's launch on Tuesday.

Two of Toronto's most prominent pedestrian lobby groups have taken issue with the campaign, particularly its imagery, which features a solitary pedestrian highlighted in neon.

Walk Toronto founder Dylan Reid said it's the right time for a pedestrian-safety campaign but he feels the emphasis on pedestrian behaviour — including the idea pedestrians must wear reflective clothing — is misguided.

"We know that two thirds of pedestrians have the right of way when they're hit by drivers," he said, citing a 2015 report by Toronto Public Health.

"So, if you want to reduce fatalities and serious injuries, you're going to make a much bigger difference by focusing on driver behaviour."

Friends and Families for Safe Streets co-founder Kasia Briegmann-Samson called Sunnybrook's pedestrian-safety campaign "embarrassing." Her husband, Tom, was killed by a hit-and-run driver in 2012. EDUARDO LIMA/METRO

> **Speed is what kills you, not what you're wearing.**
> Kasia Briegmann-Samson

A similar campaign that ran in Edmonton, entitled "Heads Up, See Me," was cancelled last month after it was roundly derided as "victim blaming."

Friends and Families for Safe Streets co-founder Kasia Briegmann-Samson said it was "embarrassing" to see Toronto pursue a message others have abandoned.

"Toronto should be leading on road safety so other cities emulate us," she said, suggesting a campaign for lower speed limits would be more effective.

Sunnybrook Hospital did not return multiple phone calls from Metro about the campaign.

Bob Nichols, a spokesman for the Ministry of Transportation, said the message of the campaign applies equally to both pedestrians and drivers.

"In no way does the campaign seek to blame either side; every road incident is unique," he wrote in an email.

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The myth of the driverless car

TRANSPORTATION

They could contribute to traffic troubles, says expert

May Warren
Metro | Toronto

Think driverless cars will ease GTA congestion and parking woes?

Get your head out of the fast lane, warns a new report commissioned by the Residential and Civil Construction Alliance of Ontario.

Instead of making things better, the car of the future could actually contribute to more urban sprawl and congestion, the report says.

Toronto-based transportation consultant Bern Grush said he wrote the report to "dispense with the mythology" around driverless cars.

"We imagine step by step, driverless cars will get better and better and then we will all have one in our garage," he said. "That's inaccurate."

True driverless cars — the ones that drop you off then come back later to pick you up — are at least 20 years away, Grush said.

The first round of cars, expected to hit the road around 2020, will be "semi-autonomous," meaning they'll drive themselves while you're doing other things, like watching a movie or working, but you'll need to be behind the wheel at times.

That convenience could make driving and long commutes more palatable — which could lead to more urban sprawl and more traffic jams.

But there is a way for new technology to combat those issues, Grush said.

They're called "robo shuttles," and the province needs to start investing them now, he said.

As opposed to semi-autonomous cars, robo shuttles are truly driverless and travel on specific routes.

They could encourage people to take public transit by picking them up at home and dropping them off at GO stations or other transit hubs, solving the so-called "last mile" problem, Grush said.

The WEPod is considered the first self-driving electric shuttle to run in regular traffic. ROBIN VAN LONKHUIJSEN/AFP/GETTY IMAGES

INFRASTRUCTURE

Core construction grinding resident gears

A majority of Torontonians are finding continuous construction to be an "inconvenience" and "difficult" in the midst of a burgeoning number of infrastructure projects around Toronto's downtown core.

In a telephone survey released by Forum Research, almost half of the 757 participants, 45 per cent, said that "continuous construction downtown makes it difficult to get around."

Additionally, 76 per cent disagreed with contractors and developers closing off sidewalks and traffic lanes for long-term projects.

"Torontonians are as fed up as Mayor Tory is with these constant lane closures and sidewalk diversions," Dr. Lorne Bozinoff, Forum Research President said.

"One has to ask, will Toronto ever be finished?"

What's most notable in the poll, Bozinoff says, is that those who live closer to the downtown core are feeling more inconvenienced than those living in the suburbs.

Of the Scarborough respondents, only 29 per cent said construction downtown makes it hard to get around compared to another 52 per cent in Scarborough who said they were not affected.

But of those living in the former city of Toronto, 53 per cent said downtown construction made it hard to get around with only 16 per cent that didn't feel affected.

"It's not just people spouting off. The people really don't like the idea of long-term sidewalk and traffic closures," Bozinoff said.

"This shows it's a major inconvenience to people."

On the brighter side, less than a quarter, 23 per cent, see continuous construction as a "sign that the city is thriving," according to the poll.

By 2031, approximately 118,000 workers will be needed for $214 billion worth of planned construction activity, and another 29,000 workers are needed to replace those expected to retire,according to the Toronto Region Board of Trade.

"We certainly sense and appreciate the frustration for what I'll call a short-term byproduct of building a great city," Steve Deveaux, chairman of the Building Industry and Land Development Association, told Torstar News Service earlier this month.

Mayor John Tory warned the city will no longer "rubber stamp" applications from developers who want to close streets and sidewalks for construction projects for "unacceptably" long periods of time.

"It is time we started to place a much greater emphasis on the broader public interest when it comes to these kinds of decisions," Tory told reporters earlier this month.

According to the poll, more than half the voters agree with Tory, with 51 per cent saying that traffic and sidewalk closures should only be allowed to last a day or less, or a weekend. Three in 10 people thought that a week or two was appropriate.

TORSTAR NEWS SERVICE

HOW DO PEOPLE LIVING DOWNTOWN FEEL ABOUT CONSTRUCTION?

53% SAY IT'S HARD TO GET AROUND

16% SAY IT DOESN'T AFFECT THEM

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School gives kids a break

EDUCATION

Scarborough academy tests out November 'wellness week'

Nikita Samin can feel the November crunch coming.

Mid-terms, assignments and report cards loom. Teams, clubs and student council are in full swing. While Grade 9 students are still adjusting to high school, Nikita and her Grade 12 classmates face the added pressure of deadlines for college and university applications in the next few months.

Who wouldn't need a break?

Nikita, 17, is relieved to be getting one. She's among 1,200 students at R.H. King Academy in Scarborough starting a week off on Monday, thanks to the school's new November break.

The week-long holiday — a first for a Toronto school — is aimed at reducing stress and helping kids recharge so they can approach the second half of the long and demanding fall term with renewed energy and focus.

"November is a really hard month, really crazy," says Nikita, who's on the student council executive and juggles other school leadership duties, a part-time job and trying to get top grades so she can get into an international relations program at university next year.

"Reducing those stress levels (with a break) is definitely a lot better for mental health, for Grade 11 and 12s especially," she says. The week off school "is a nice way to take a break before the storm comes."

R.H. King Academy students Noyala Isidor, from left, Megan McDowell, Nikita Samin, Emily Morton and Ali Javeed. Students, parents and staff voted last year try out a November break.
CHRIS SO/TORONTO STAR

The tradeoff is a shorter summer. Students and staff were back at school on Aug. 29 this year, a week ahead of other Toronto District School Board Schools.

R.H. King's new break is part of a growing move to modify school calendars by shortening the two-month summer holiday in order to provide more vacation weeks throughout the 10-month school year.

Those in favour argue it would reduce the so-called learning loss during summers off and that more frequent holidays would boost focus and productivity.

Some high schools in York and Durham regions already have November breaks, and a number of Ontario universities have introduced fall reading weeks.

> **I could see some students were really stressed.**
> Principal David Rowan

The November break at R.H. King, also referred to as a "wellness week," is part of a three-year pilot that's already being watched with interest by other schools in Toronto and elsewhere, says principal David Rowan.

"It's a natural time to break," says Rowan, who has been at the school since the idea was first proposed by a teacher three years ago.

"Last week I was walking through the halls saying 'How are you?' to kids and I could see some students were really stressed."

The school has a strong focus on academics and leadership, and many students are engaged in multiple activities.

Ali Javeed, 17, says he's among those feeling the strain.

"Grade 12 hits you like a pile of bricks," he says, so the fall break "is a relief."

Initially, he was against the break, fearing the earlier return from summer holidays would interfere with his summer job as a day camp counsellor.

Turns out it didn't, and now he's looking forward to the downtime.

To discourage kids from spending the week on homework, teachers cannot assign anything due during the first three days after the break.

Putting the pilot in place took three years of research and consultations, culminating in a vote of students, staff and parents. The plan needed overwhelming support from teachers and approval from at least 60 per cent of students and parents, including incoming Grade 8 students. Students and parents will fill out surveys following the breaks each November.

Evidence that a break would promote mental health and reduce stress was compelling from the start, says guidance counsellor Jason Podur.

Statistics show student absences, lateness and suspensions are higher at this time of year. While school work increases, the days grow shorter, which can contribute to kids feeling blue and overwhelmed. The fall "honeymoon period" is over and the angst of the December holiday season is about to set in.

"We get a lot of kids who put a lot of pressure on themselves and have parents putting pressure on them," says Podur.

For kids struggling in school, it's a chance to pause and catch up.

"It is a natural reset time," says Anna Heidebrecht-Hogg, who has a daughter in Grade 11 and is a member of the modified school year committee overseeing the project.

TORSTAR NEWS SERVICE

MARKETING

The Bay to change holiday windows

Hudson's Bay is revamping its holiday windows at the Queen Street West store, which have featured five panoramas of an old-fashioned Christmas for almost a decade.

"The new windows will capture the Christmas spirit," said Denis Frenette, senior vice-president, merchandise presentation at Hudson's Bay.

He said the windows were last changed nine years ago,and it was time to try something new, especially with the opening of Saks Fifth Avenue at the location in February.

Frenette said the theme will carry across five windows, as before, and include animated figures. He added that he's not concerned shoppers might be disappointed.

"We are building the windows to entertain our customers and I think that the customer will be really happy and satisfied," he said.

The windows will be unveiled Thursday at 6:30 p.m.

TORSTAR NEWS SERVICE

Hudson's Bay downtown store windows have featured an old-fashioned Christmas till now. TORSTAR NEWS SERVICE

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FILM

Cinefranco grows in scope

Gilbert Ngabo
Metro | Toronto

There's more to Toronto's Cinefranco than simply being a French film festival.

This year's event explores the theme of identity and human rights. It showcases the work of filmmakers from Quebec, Belgium, North Africa and beyond.

"The breadth of the films has become more international, and has really taken on the reflection of the francophone diaspora living in Toronto," said executive director Marcelle Lean.

Films tackle topics like radicalization, unemployment, immigration challenges and other global issues.

Cinefranco's main goal is to promote French language cinema in Toronto and Ontario, but the audience has broadened.

Cinefranco founder Marcelle Lean and filmmaker Brennan Martin. EDUARDO LIMA / METRO

Results from a survey last year showed as many as 60 per cent of the audience was anglophone, and only 40 per cent were native French speakers.

"It sends a very heartwarming message of growth," said Lean, noting competition is fierce in Toronto with festivals like TIFF and Hot Docs.

The festival may have taken on an international flavour, but Lean says language remains central to Cinefranco.

Rencontre, a short by Toronto's own Brennan Martin, recounts the encounter of a French tourist and a homeless woman on a downtown Toronto street. Although the film shows the role of language in bringing these two strangers together, it's also a tribute to the city's growing diversity.

"You can hear five or six languages on any corner," said Martin, whose film won the 2015 Best Actor, Best Actress and Best Film awards at Toronto Actors Place.

"It kind of feels like home a little bit for everyone."

Emily Dontsos, who was sexually assaulted on the TTC, says the reporting of incidents could be made easier. RENE JOHNSTON/TORSTAR NEWS SERVICE

'Target-rich' place for sexual assault

TRANSIT

More than 500 reports on TTC between 2011 and 2015

Emily Dontsos was midway through her commute before she realized she was being sexually assaulted.

It was two weeks ago and she was travelling on a jam-packed subway southbound on Line 1 (Yonge-University-Spadina) at 8:30 a.m. Dontsos, a 31-year-old who works in communications for a downtown hospital, first thought the object jutting into her backside was just someone's bag.

She had gotten on at Eglinton station, and it wasn't until the crowd thinned at Bloor-Yonge that she was able to turn around, and she realized with horror that a man had his hand between her buttocks.

"I felt this incredible sense of violation," she said.

Dontsos initially just wanted to put the incident behind her, but agreed to share her story with the Star because she said many other women have been assaulted on public transit.

"I'm just one more statistic of sexual assault on the TTC," she said.

According to numbers obtained from the Toronto Police through a freedom of information request, there were 577 reports of sexual assault on TTC property or vehicles between 2011 and 2015. As of July 25, there were 70 reported assaults on the transit system, putting the TTC on track for about 124 reported assaults in 2016.

> **"I'm just one more statistic of sexual assault on the TTC."**
> Emily Dontsos

Det.-Sgt. Joanne Rudnick of the sex crimes unit acknowledged the possibility that an offender would view the TTC, which is used by 1.8 million passengers a day, as "a target-rich environment."

The TTC says it has an array of measures that aid in preventing sexual assault. They include security cameras deployed throughout the agency's property and vehicles, emergency alarms, and designated waiting areas on subway platforms that have additional lighting, a pay phone, and an intercom connected to the station collector.

Next year, the TTC intends to introduce a cellphone app that will allow passengers who feel threatened or witness a crime to report it. "We will continue to do everything we can to combat this insidious crime on our system," said TTC spokesperson Brad Ross.

Nicole Pintsch, co-ordinator of the Ontario Coalition of Rape Crisis Centres, said public messages that acknowledge the "prevalence and impact" of sexual assault "can go a long way" to encourage victims to alert authorities.

TORSTAR NEWS SERVICE

IMMIGRATION

Women says 'nightmare' of being stranded haunts her

Gilbert Ngabo
Metro | Toronto

Gyulzar Julia Yakobi is safely back home in Toronto, but the experience of being stranded in Moscow still haunts her.

"It was a nightmare. I was like a zombie, unable to think or sleep properly," she said Sunday, remembering the 90 days she spent stuck in Russia after Canadian immigration refused to grant her permission to return.

"I'm still very upset with them. I don't even know what's going on with my case."

A permanent resident since 2003, Yakobi found herself in hot water when she travelled to Moscow this summer for medical treatment. Her permanent resident card had expired, and her application for a one-time travel visa to return was denied and she was stripped of her permanent resident status.

Gyulzar Julia Yakobi back in Toronto. EDUARDO LIMA/METRO

"I almost fainted," she recalled of the moment she was told of the decision, which she claims was based on an error concerning how long she had lived in Canada.

Yakobi's family helped her file an appeal, and she was granted entry earlier this month. But she doesn't know if her permanent residency was restored, or if anyone will be held accountable for the distress she was put through.

As she picks up the pieces of her life — she'll resume her teaching job with the Canadian College of Educators in January — Yakobi said immigration officials should take their jobs more responsibly and avoid putting anyone else in the same predicament.

"They are ruining people's lives like this," she said, noting it still baffles her that no one told her why or how the mistake was made in the first place.

IN BRIEF

Suspect sought in homicide

Toronto police are seeking the public's help in finding the suspect in Toronto's latest homicide.

An arrest warrant has been issued for Simeon Harty, 22. Kevin Nicholas Gidden, 23, was fatally wounded in a drive-by shooting last week.

The shooting happened near Lawrence Ave. E. and Orton Park Rd. in Scarborough just before 1 a.m. Thursday.

Police say that a friend of the victim drove him to the 43 Division police station.

He later succumbed to his injuries in hospital.

Police believe that Harty may have fled to the Hamilton area, after a car involved with the shooting was seized there.

TORSTAR NEWS SERVICE

Simeon Harty CONTRIBUTED

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ADVANCING GENERICS

METRO ARTIST TAKE

DOWN ON THE CORNER

While many architecture photographers like to shoot towering skyscrapers or avant-garde buildings, Toronto's Derek Attewell has turned his lens towards something a bit more humble: your local corner store. Attewell has spent the fall documenting convenience stores, in an attempt to showcase the important contribution the independent businesses make to the city. 'I find them fascinating,' he says. 'Each being completely unique, as a whole they somehow form a consistent esthetic.'

METRO

What got you interested in convenience stores?
It was really the peculiar esthetic of independent convenience stores that drew me to them for this project. They are ubiquitous throughout the city but rarely get any attention, blending into the background of Toronto's urban landscape. I find them fascinating; while each being completely unique, as a whole they somehow form a consistent esthetic.

Have you noticed anything particular about Toronto's convenience stores compared to those of other cities?
I specifically love the stores that actually include "Convenience" in the name, often in bold primary colours and nondescript fonts. This is the ideal look I'm hoping to capture, but the joy of these stores is they have such an unbridled range in their design.

How many stores do you think you've photographed?
I have so far captured around 60 stores and hope to continue to get as many of them across the city as I can. My efforts have been focused in the west, where I live, but I have plans to head east and north.

Do you have a favourite store?
I have a soft spot for any situated on an actual corner. However there are plenty that aren't and I try to include a healthy mix.

What's the best time of day to photograph convenience stores?
I try to always shoot around dusk as it provides great colours and tones, while also allowing for the fluorescent lights of the convenience stores to flood out onto the surrounding street. I shoot with my Canon 6D and wide-angle lens to capture the surrounding environment.

Where can readers find more of your work?
The best place to follow my other work is my website, derekattewell.com, and my personal Instagram: @derekattewell.

PHOTOS COURTESY DEREK ATTEWELL

ABOUT THIS SERIES **Artists can change the way we interact with the world around us** by offering new takes on the ordinary. Metro's sharing some of the work that's happening around Toronto. Send your visual stories to jason.logan@metronews.ca

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Conjugal visits help offenders reintegrate

JUSTICE SYSTEM

Program increases public safety, experts say

Lee Chapelle has fond memories of spending afternoons with his wife in the mid-1990s, barbecuing in a small yard while his young children played in the grass and mimicked the cows' moos as the animals grazed in a nearby field.

Were it not for the five-metre, barbed-wire penitentiary fence interrupting the view, the scene could easily have been mistaken as an everyday family experience.

Between 1991 and 2010, Chapelle spent about 15 years behind bars for property theft. On more than a dozen occasions over that period, his young family was able to spend as many as three days at a time living with him.

The stays are linked to a long-standing program aimed at increasing the chances of inmates successfully reintegrating into society after their release.

"It was a really big motivation to come home to my family to be able to spend time with my newborn baby and realize just how much was out there and just how much I wanted to be with them," Chapelle said.

Some experts say Canada's so-called private family visit program, which began in 1980 as a pilot project, plays an important role in rehabilitating offenders, and also provides corrections officers with a useful tool for encouraging good behaviour from inmates.

The program has received recent attention after a media report that Kelly Ellard, a notorious killer in British Columbia, is eight months pregnant following a conjugal visit from her boyfriend.

Lisa Kerr, a law professor at Queen's University in Kingston, Ont., said the program recognizes that the majority of federal inmates will be released and that it is in society's best interest to make that process as successful as possible.

"Close personal relationships are part of what makes people have hope about their future and gives them reason to invest in their correctional programming and move towards a release plan," she said.

THE CANADIAN PRESS

Lee Chapelle and his wife Christine Jones, daughter Lindy-Ann and son Kyle Lee, sit on a couch inside a "trailer" at Joyceville Penitentiary on their wedding day in June, 1992. THE CANADIAN PRESS

NOVA SCOTIA

Charges could be laid in deadly hunting accident

Zane Woodford
Metro | Halifax

Police in Nova Scotia say it's too early to rule out charges after a 52-year-old man from Halifax was killed in a hunting incident that took place on Big Tancook Island in Mahone Bay.

"Two individuals were out hunting deer when one was shot," said RCMP spokesperson Cpl. Andrew Joyce, who said the two men knew each other, but were not out hunting together.

Asked whether charges were expected, Joyce said it's too early in the investigation to say, but added that police would be looking into firearm charges.

He said the man involved is being co-operative, and was questioned and released over the weekend.

Joyce wouldn't say incidents like these are common, but said "it does happen from time to time."

NEWFOUNDLAND

Unpaid fees ground plane

A commercial jet was grounded at the airport in St. John's under a court order preventing takeoff until National Airlines takes care of the payments it owes the airport authority.

St. John's International Airport Authority issued a statement on Sunday saying the Boeing 757 aircraft has been sitting idle since Friday and will not leave until the operator pays its outstanding fees.

THE CANADIAN PRESS

BRITISH COLUMBIA

Indigenous adults shamed from speaking languages are key to revival

There's a generation of indigenous people across Canada who were once shamed for speaking their own language.

Now, people who didn't learn their mother tongue from their parents are key to saving and revitalizing the languages, British Columbia researchers say.

Two University of Victoria indigenous languages experts whose own parents did not speak their aboriginal languages at home are moving to bridge the language gap with a mentor-apprentice program that teaches adults.

"There were generations of people, my parents and grandparents, who were sent to residential school and forbidden to speak their language and beaten and shamed and ridiculed and punished in all sorts of awful ways," said Peter Jacobs, a UVic linguist and fluent speaker of his Squamish Nation language.

"A lot of those people who came out of that school system chose not to teach their children the language," he said. "My dad doesn't speak Squamish as his first language for that very reason. That caused a big disruption."

The program focuses on adults learning an indigenous language by being paired with a fluent speaker who is a mentor. The teacher and student are immersed in a curriculum where classes could involve hunting expeditions or family chores but are conducted entirely in the indigenous language.

THE CANADIAN PRESS

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Italy's 'soul is disturbed'

The third powerful earthquake to hit Italy in two months spared human life Sunday, but struck at the nation's identity, destroying a Benedictine cathedral, a medieval tower and other beloved landmarks that had survived the earlier jolts across a mountainous region of small historic towns.

Lost or severely damaged in the shaking were ancient Roman walls, Gothic and Baroque churches and centuries-old paintings crushed beneath tons of brick, sandstone and marble.

Italian Premier Matteo Renzi said the nation's "soul is disturbed" by the series of quakes, starting with the deadly Aug. 24 event that killed nearly 300 people, two back-to-back temblors on Oct. 26, and the biggest of them all, a 6.6-magnitude quake that shook people out of bed Sunday morning. It was the strongest quake to hit Italy in 36 years.

There were no reports of fatalities — a fact attributed to the evacuation of sensitive areas and fragile city centres. Some 3,600 people had been moved to shelters, hotels and other temporary accommodations after last week's quakes. Many who stayed behind were sleeping in campers or other vehicles, out of harm's way.

Renzi vowed to rebuild houses, churches and businesses, saying, "a piece of Italian identity is at stake at this moment."

"Feeling the earth collapse beneath your feet is not a metaphorical expression, but it is what happened this morning, and half of Italy felt this," Renzi said.

The quake struck another painful blow to the rich artistic heritage of villages that dot the Apennine Mountains.

The worst damage was reported in Norcia, a town in Umbria closest to the epicenter. Two churches were destroyed — the 14th century Basilica of St. Benedict, built on the traditional birthplace of St. Benedict, founder of the Benedictine monastic order; and the Cathedral of St. Mary Argentea, known for its 15th century frescoes. Only the cracked facades were still standing, with most of the structures disintegrating into piles of rubble and dust.

Television images showed nuns rushing into the main piazza as the bell tower appeared on the verge of collapse. Later, nuns and monks knelt in prayer in the main piazza. A firefighter appealed to a priest to help keep residents calm in an effort to prevent them from looking for loved ones.

When the quake struck, nuns from the Saint Mary of Peace monastery in Norcia were praying and singing hymns. The shaking caused their building to collapse and badly damaged their sleeping quarters. Later, firefighters escorted them back inside to retrieve holy books. Then an aftershock hit.

"But we had courage, because we were in our house and the Lord protects us," one nun said. THE ASSOCIATED PRESS

An aerial view of the destroyed town of Amatrice as an earthquake with a 6.6 magnitude struck central Italy on Sunday. THE ASSOCIATED PRESS

This handout released by Italian broadcast channel Sky Tg24, shows firefighters helping nuns in Norcia after the quake on Sunday. SKY TG24/AFP/GETTY IMAGES

E-MAILS

Clinton stays on course

Hillary Clinton GETTY IMAGES

Hillary Clinton vowed Sunday that she would not be "knocked off course" in the election's final days, as she sought to push past a new FBI e-mail inquiry in a sexting probe that delivered a late jolt to her race against Republican Donald Trump.

"I'm not stopping now, we're just getting warmed up," Clinton declared during a packed rally with gay and lesbian supporters in battleground Florida. "We're not going to be distracted, no matter what our opponents throw at us."

Trump campaigned in Las Vegas at a casino owned by billionaire Sheldon Adelson and accused the justice department, without offering evidence, of trying to protect Clinton following the FBI's discovery of new emails that could be related to its investigation into Clinton's use of a private server. THE ASSOCIATED PRESS

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CALAIS MIGRANT CHURCH IN CALAIS HOLDS FINAL SERVICE With poignant prayers, scores of migrants attended the final service Sunday at a makeshift church in what remains of the squalid camp in the French port of Calais. Mainly Eritrean migrants squeezed into the service at a small Orthodox church as French authorities continue evacuating residents of the so-called "jungle,", which housed up to 10,000 people at its height. AFP/GETTY IMAGES

TELECOMMUNICATIONS

'Zero rate' hearings may shift data plans

Canada's telecom giants go head-to-head this week at hearings that could result in a dramatic change to the way Internet is delivered across the country.

The hearings are being held as new figures show Canadians' appetite for data is ballooning.

The Canadian Radio-television and Telecommunications Commission (CRTC) review, being held in Gatineau, Que., stems from a complaint about Quebecor-owned Videotron over the way it bills customers.

The company launched an unlimited music streaming service in August 2015, allowing its customers to stream music from specific third-party services without it counting toward their monthly data cap, a practice dubbed as zero rating, also known as differential pricing.

The Public Interest Advocacy Centre complained the new service allowed Videotron to discriminate against other music-streaming services that were still subject to data usage fees.

Major service providers including BCE Inc. and Telus Corp. are in favour of the practice, arguing it results in more choice.

Rogers Inc., on the other hand, calls zero rating discriminatory, saying it limits competition.

Non-profit digital rights organization OpenMedia says the argument against zero rating boils down to net neutrality: the notion that all wired and wireless Internet traffic should be treated equally. While seemingly arcane, the concept has real implications for how Canadians use the Internet, said OpenMedia.

"For Big Telecom customers, mean-spirited data caps, high prices, and extortionate overage fees all come as part of the package," said Open Media's Katy Anderson.

The CRTC's annual Communications Monitoring Report for 2016, issued last week, gave weight to the importance of the data cap hearings. It revealed that the average amount of data downloaded by Canadians has skyrocketed, with broadband usage increasing 40 per cent from 2014 to 2015, and Canadians downloading an average of 93 gigabytes monthly. Mobile data usage saw an increase of 44 per cent.

"With data usage surging 40 per cent in just a year, it's clear Canadians need relief from the punitively low data caps and extortionate overage fees that have characterized our market for far too long," said Anderson.

THE CANADIAN PRESS

93

The CRTC's report says **Canadians download an average of 93 GB per month.**

IN BRIEF

Marriage, co-habitation contracts can be good investment: Expert

A romantic proposal or an invitation to move in with a partner may seem like an awkward time to start planning for a smooth divorce. But with nearly half of Canadian marriages ending before death does couples part, a pre-nup can help individuals emerge from breakups financially unscathed.

"Why wouldn't we do some advance planning?" asks Michael G. Cochrane, a partner at Brauti Thorning Zibarras in Toronto and author of "Surviving Your Divorce: A Guide to Canadian Family Law."

THE CANADIAN PRESS

European Commission President Jean-Claude Juncker, Canadian Prime Minister Justin Trudeau and EU Council President Donald Tusk at the signing ceremony of CETA at the European Council in Brussels on Sunday. AFP/GETTY IMAGES

Canada, Europe sign free trade deal at last

ECONOMY

Trudeau says the 'work is only just beginning'

Prime Minister Justin Trudeau revelled in a long-awaited moment Sunday as Canada's free trade deal with the European Union was signed, but not before recognizing the challenges ahead to bring it fully into force.

Trudeau expressed hope that the so-called provisional application of the deal — approved only by the Canadian and European parliaments, but not Europe's 28 states and myriad of regional governments — might happen within months.

That, said Trudeau, would result in 98 per cent of the deal coming into force. That's much higher than the 90 per cent estimate that most European and Canadian officials have said would accompany provisional application of the Comprehensive Economic and Trade Agreement, known as CETA.

Trudeau had initially expected to sign the deal in Brussels days ago, but the restive Belgian region of Wallonia nearly killed it because its opposition to the pact's investor-state dispute settlement mechanism gave it a veto under Belgium's complicated constitution.

After seven arduous years of negotiation, Trudeau joined presidents of the European Council and European Commission, Donald Tusk and Jean-Claude Juncker, and signed the massive 1,600-page pact and its accompanying strategic partnership agreement.

> **It's not just signing the accords, as difficult and important as that is. It's the followup.**
> Justin Trudeau

The road to full ratification remains long. After Trudeau and his EU counterparts took a moment Sunday to revel in the milestone, the prime minister was willing to acknowledge it would take more than ceremony to fully ratify the deal.

"The work is only just beginning right now," Trudeau said.

"It's not just signing the accords, as difficult and important as that is. It's ... the followup, that we continue to demonstrate and give tools to small and medium-sized businesses."

With the Liberals and Conservatives both favouring the deal, its approval will sail through Parliament.

But Europe is another matter.

The European Parliament must approve CETA, with approval expected to come in early 2017. However, the deal must be ratified by the EU's 28 countries and several more smaller regional governments such as Wallonia. THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I knew my boyfriend didn't want kids, but now all I want is a baby with him. I don't want to pressure him. What should I do?

Dear Ellen,

I'm 33 and my boyfriend is 40. He's the greatest guy I've ever met and no one has treated me better. I have a long history of awful boyfriends and failed relationships. So when I met him I was done with romance and only wanted friendship. I knew he didn't want kids (he has a 10-year-old and had a vasectomy) but since we were just friends, I was not thinking babies.

Then I fell in love with him. Now, after two years, all I want is a baby with him. I tried to end things and meet other guys but it didn't feel right and the guys I met didn't compare so we got back together. The time we spent apart made me realize I don't want kids just for the sake of having kids (or I would have kids already). I want a baby with him. I don't want to pressure him but I'm 33 and I'm so ready and I love him! I don't know what to do. Signed, So Confused

Dear So Confused,

Wow. You're in a tough situation and I feel for you. I'm not the sort of person who thinks everyone should have kids. But for people who unequivocally want to reproduce, being denied that experience can feel truly tragic.

If you were desperate to have a baby with or without this guy, I'd say go ahead, put your cards on the table, and let the chips fall where they may relationship-wise.

But your situation is a little different, since you say you don't want a baby for its own sake, but only if you can have one with him. I get that too. Unconditional love for your very own small mammal is a wondrous experience, and sharing that love is a joy you can't overestimate. But it does make your situation more difficult.

No doubt your friends have offered much useless advice. Count your blessings and settle for the relationship you've got. Or: If you have a baby, there's no guarantee you'll stay together and then you'll end up being a single mom instead of a woman in a relationship with the world's most perfect guy. Or: Get a dog. Etc.

I actually agree with all those suggestions. But I also sense you're in no state to accept them. So I'll be more practical.

In terms of etiquette, the answer is simple. Using emotional manipulation to pressure your boyfriend into parenthood (whether it's via vasectomy reversal or adoption) is not considerate or polite. Nor, I hope it goes without saying, is physical force. Rendering your boyfriend unconscious and hiring a back-alley doctor to secretly perform a vasectomy reversal is an absolute etiquette no-no.

Note also that emotional blackmail, like most morally indefensible behaviours, is never pragmatic. You could get a baby out of it, but the negative impact on your relationship might be irreversible and regrettable.

Assuming you have openly and thoroughly discussed this with your boyfriend, your choice seems to come down to: a) staying with him and not having a baby; or b) leaving him and not having a baby.

Either way, you're going to have to come to terms with some disappointment, and the sooner you deal with that, the happier you'll be in the long run.

Using emotional manipulation to pressure your boyfriend into parenthood is not considerate or polite.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

Meet the millennials who are not so thrilled with Trudeau's first year

Last week, young protesters at the Canadian Labour Congress turned their backs on Justin Trudeau. I asked two young people — Zoe Luba, 22, a community organizer for the Association of Community Organizations for Reform Now (ACORN) of B.C., and Jerilynn Webster, 32, a rapper from Vancouver — to talk about how Trudeau was doing with young people.

Vicky: What did you think of the protesters?

Jerilynn: Justin Trudeau promised a lot of things and hasn't followed through or has been silent on issues. I really feel like young people are allowed to speak out against him. He hasn't been true to his word, especially through environmental issues like the Site C Dam approval and the LNG approval. Young people are very knowledgeable on climate change and the issues of what's happening in their communities.

Zoe: Any dissent from the status quo should be cherished. It takes a lot to put yourself out there and do something big like turning your back on the prime minister of Canada. It could lead to a lot of backlash.

Vicky: Do you share that sense of disappointment that people are now expressing?

Jerilynn: Yes. (Trudeau's) persona shines so bright. When he was approving projects that affect our environment — not just for First Nations but for all people — that's where the disappointment came in.

Zoe: I appreciate that he's going to First Nations reserves or marching in Pride but I hope that he recognizes that he's only doing those things so the next prime minister actually comes from those identities.... He paves the way. It's easier for him as a white straight cis man to do that. I hope he recognizes that.

Vicky: He's the minister for youth but he's ultimately the prime minister for the next three-plus years. What do you hope to see in Year 2 of his prime ministership?

Jerilynn: There need to be more programs for young people who want to be connected to their culture. I'm talking specifically about indigenous youth. There's a state of emergency for indigenous youth because they're committing suicides at high rates.... Residential schools took away our cultural songs, dances, ceremonies, land and language. So increasing indigenous language funds and youth programing that is connecting youth to those things that residential schools and the Canadian government took from indigenous people.

Zoe: Are we talking about realistically or in a perfect world? In a perfect world, he should remove Canada from the global capitalist system. But is that actually going to happen in the next three years? No.

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Your essential daily news

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SPENDING

The lure of the label is causing many to go into debt

Gail Vaz-Oxlade
For Metro Canada

Buying based on the label is not a smart idea, advises Gail Vaz-Oxlade. ISTOCK

There's a trend among folks to define themselves by the brands they buy. The people fall for brand names, and they fall hard, whether it's a designer handbag or a hot new piece of technology.

It seems these people's self-esteem is less about what's inside and more about how they can get other people to admire — or is it envy — them.

Designer labels were once the domain of the wealthy, but easy access to credit has let people buy crap with a label they really can't afford and still pay their rent.

If they had to choose, I wonder how many would have opted to spend their monthly food allowance on a high-priced brand? But later, as their disposable income is eaten by monthly payments, they beat their breasts and wail about the mess they've made.

So why are people willing to go into debt for the dubious pleasure of saying that they own a specific brand? Could the lure of the label be more than just a case of "Wannabe Wonderful"?

From the Institute of Education at National Sun Yat-Sen University in Taiwan comes research that demonstrates brands matter to people's egos. And it's not just the young who are susceptible. In one experiment, seniors were asked to compose resumes on Macs, some with generic keyboards and some with Apple accessories. Y'know what? Those assigned to the computers with generic accessories expected to make less ($976) than those who used the Apple accessories ($1,071). What's up with that?

In a second experiment, after completing complicated dating profiles, students were given the phone number of their "match" and a phone in which the battery was dead. Researchers gave half the students a generic replacement battery and the other half a brand-name battery. After five-minute phone calls, students were asked to rate, on a scale of 1 to 7 (1 being "least attractive" to 7 being "very attractive"), how they thought their matches would rate them. Those using the generic product rated their attractiveness at an average of 3.7; the brand-name group rated themselves at 4.6.

Have we become so brand-focused that the kind of battery we use impacts our self-perceptions? Wow.

And how do we protect our children from this phenomenon? I know I don't want either of my kids to believe that they can buy a sense of self. I want that sense of who they are to come from what they achieve and how they interact with the world. I want them to know who they are. I want them to be happy and I want their stuff to play no role in defining them.

For more money advice, visit Gail's website at gailvazoxlade.com

$ MONEY

Making choices

Are you a brand hound? Does the label matter so much that you wear it like a badge of honour? And do you spend money you could be saving for your future to impress others and, perhaps, yourself? Some brands come with quality assurance. Some are simply a signal to others that you're special because you can afford the label. But if you can't actually afford the label — if you're buying anything on credit — then the image you're creating is a lie. And you should stop lying, at least to yourself.

GAIL VAZ-OXLADE/FOR METRO

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Long may she reign on Netflix

TELEVISION

Biographical series The Crown hits all the right notes

Shinan Govani
For Torstar News Service

The Crawleys have nothing on the Windsors.

That was just one of my ascendant thoughts when making my way through the lavish new series The Crown, making its world premiere on Netflix Nov. 4.

Though many are a-purr about it being a substitute show for those who miss their regular dosage of Julian Fellowes — Crownton Abbey, if you will — it is and isn't.

Yes, you've got all the trappings of period porn — the jewels! The getups! The table-settings! A scene of galloping horses running along the sea against a soupy grey sky right out of a J.M.W. Turner watercolour!

And yet, this 10-part Netflix offering — written by Peter Morgan, who also scripted The Queen, with Helen Mirren — is more like the stepchild spawn of Downton Abbey and House of Cards.

Where Downton was always a Ferrero Rocher of a series — a place where family and hearth ruled the day, where even sad-emoji storylines saw love triumph and goodness reign — The Crown, tracking the earliest years of Queen Elizabeth II — is a darker chocolate still.

Its core subject is power — be it gender politics (a girl at 25 years old becoming, in 1952, the most famous woman in the world), the chessmanship of palace courtiers, the see-saw between her and Winston Churchill (who's in the winter of his life — and the first of 13 prime ministers, and counting, she'll come up against).

Another thing: in the way in which The Crown leeches off far-away-but-not-too-far history, it's the best such series since Mad Men, with some of the same nuance and empathy. (There is, for instance, one fabulous scene involving the elaborate pantomime involved in connecting phone lines, in an attempt to put in a call from the Queen's sister, Princess Margaret, to Her Majesty.)

And, OK, while I'm comparing other shows, let's just say that the way in which The Crown throbs with the tensions of social codes, broken at the breaker's peril — not to mention the insidiousness of emotional repression — it's dicier that anything you'll see on The Walking Dead.

Claire Foy nails the role of Queen Elizabeth II in both her girlishness and her steeliness, while bringing us the origin story of a woman who's been famous for longer than any other on earth.
CONTRIBUTED

CORRECTION

Incorrect information appeared in the Friday, Oct. 28 Netflix horror movie roundup. Only three of the listed films are streaming in Canada. A new list has been posted at metronews.ca. METRO

OBSERVATIONS FROM THE CHEAP SEATS

1 Households, meet names

The ensemble is top-notch, The Crown providing a fresh crop of names we're going to be seeing a fair amount in the celebrity ecosystem. Claire Foy's eyes do a lot of work here, her Elizabeth II never better than when she is watching and being watched.

Matt Smith, who plays Prince Philip — the one-time navy cadet who must deal with walking behind his wife and must even kneel to her at the coronation — is also a standout. All smarmy gorgeousness, he's the kind of ne'er-do-well who looks perfect with an undone bow tie against his tuxedo.

2 Sister, sister

Whatever psycho-warfare that went forth between Mary and Edith in Downton Abbey looks like positive child's play compared to the pas de deux between the Queen and her sis, Margaret, in The Crown.

The latter, who eventually begins lashing out against the monarch both to her face and through subtle digs through the press, has to live in the Queen's proverbial shadow. Me, I've long thought that late Princess Margaret needed her pop culture due again, for, during her life, she — way before the days of Prince Harry in Vegas — was the original royal rebel (not to mention one of the original "Famous for being famous" champs) Not only did she scandalize the monarchy when she fell in love with a married royal aide, Peter Townsend, 16 years older (a plot-point in this first season of the show), but in latter years made Mustique island her party headquarters, gamely schmoozing with rock royals and movie stars galore.

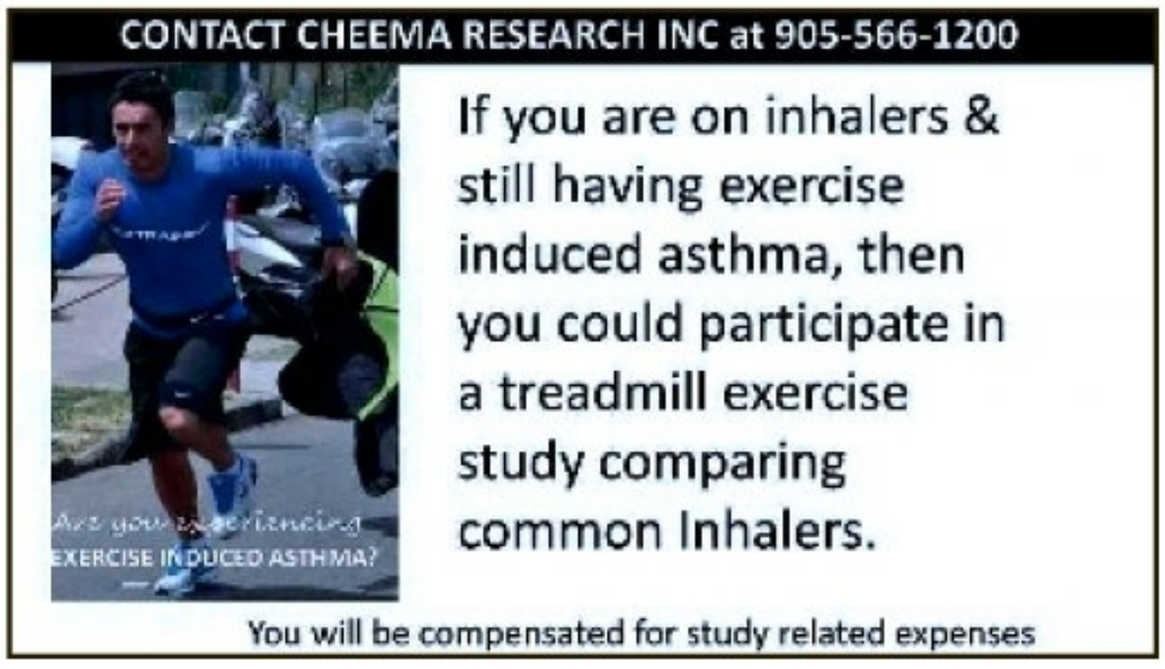
Vanessa Kirby, who plays Princess Margaret, is on point.

3 In exile, a former king

The first few episodes of The Crown are best viewed as kind of sequel to The King's Speech (and maybe a kind of companion-piece to that not-that-hot Madonna flick about Wallis Simpson). It all gets going, that is, with King George VI, played by Jared Harris, on the throne, his health slowly fading (when he dies, Elizabeth and Philip are actually in the wilds of Kenya, and she is actually unaware for some time she's become the monarch!)

Meanwhile, the ghosts of a previous world-stopping scandal — when Edward VIII abdicated the throne some 16 years prior in a desire to marry American divorcee Wallis Simpson — looms in the corners of this series, since neither George VIII, nor his daughter, would even have been on the royal track had that not happened! Exiled in France, both Edward and Wallis show up the series, he sniping and snarling, and the two of them together acting as a kind of Greek Chorus on the goings-on at Buckingham. The hate, meanwhile, is mutual.

Tangled webs. Umpteenth curtsies. Long may this series reign.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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Beauty in the schadenfreude

THE SHOW: Mascots
THE MOMENT: The specialty channels

The World Mascot Competition is happening in Anaheim, CA, and Upton French (John Michael Higgins) might air it on his Gluten Free Channel.

"It's owned by Panorama Data Com," he tells the camera. "I've done a bunch of shows for them, starting with the sailing networks, SN1 and 2."

SN1 went under after Santa Claus drowned during a live telecast. "But I licked my wounds and kept going," French says to the Varicose Vein Channel, then to FRC, "the fence and railing channel. That played well with women."

"We love the bad guys," pipes up French's protégé, Jessica Mundt (Maria Blasucci), who worked on the Elevator Channel and the "hit show" Does That Smell Normal?

Writer-director Christopher Guest has rounded up his usual suspects (Parker Posey, Bob Balaban) and some newcomers (Zach Woods, Chris O'Dowd) for another faux-documentary on the outer fringes of show biz — this time, the anonymous zealots who toil inside mascot costumes.

New mockumentary Mascots stars Sarah Baker as Mindy Murray, shown here squaring off against husband Mike (played by Zach Woods). CONTRIBUTED

Don't mistake familiar for easy, though.

The brilliant cast delivers deadpan gems about our collective need for fame — or at least acknowledgment — which, thanks to social media and the multi-channel universe, has only intensified since 1996's Waiting for Guffman.

As always, Guest finds poignancy in folks like Phil (Christopher Moynihan), who dons a nonsensical Plumber costume to boost a football team. "For me, it's the sound of the crowd," Phil says.

"You can't really hear it inside the head, but you can hear that there is a sound. The sound of that sound — that's the greatest sound in the world."

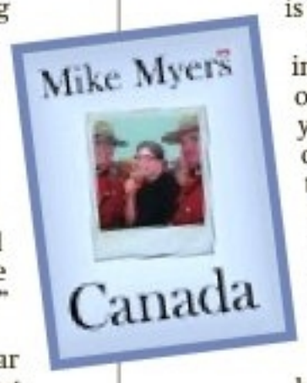
Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

POP CULTURE

An unapologetically Canadian comedian

At his home in New York, Canadian comedy star Mike Myers has a map of North America on the wall so his three young children can learn about his roots.

"Each state is its own colour and Canada is just this pink blob," he says. "I've taken to, as best I can, draw the provinces on with a magic marker and go, 'This is where dad is from.'"



Despite having lived outside of Canada for 33 years, the 53-year-old Toronto native says he thinks about the country "every day," has referenced it in his work, and often travels here to visit his mother and brothers.

So when Penguin Random House asked if he'd like to write a book on his relationship with his home and native land to commemorate its 150th birthday, he thought: "I guess in a weird way, I've sort of been writing a book for 53 years, collecting thoughts and whatnot."

Mike Myers at a State Dinner for Justin Trudeau. THE CANADIAN PRESS/AP/ANDREW HARNIK

Canada, on shelves this weekend, is a treasure trove of all things Canuck as Myers documents his life and offers humorous and thoughtful reflections on the country — from its history to its pop culture and unique brands. "Kevin Nealon used to make fun of me all the time," says Myers. "Every sentence started with 'In Canada?' and always ended with 'Sorry.' He had an impression of me for two years. I didn't know he had it and I busted him on it. I was like, 'God, have I been reduced to, 'In Canada? Sorry.'

"Canada has shaped me and, as I say in the book, I'd be nowhere without it."

THE CANADIAN PRESS

metro SPORTS

Gareth Bale's contract extension with Real Madrid will make him the highest paid soccer player at a reported 150M euros over the next six years

Toronto FC forward Jozy Altidore yells at New York City FC defender RJ Allen on Sunday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Reds fire first shot

MLS PLAYOFFS

TFC scores pair of late goals in chippy affair

FIRST LEG At BMO Field

TORONTO	NEW YORK CITY
2	0

Jozy Altidore scored in the 84th minute to break a feisty stalemate and substitute Tosaint Ricketts added a stoppage-time goal to give Toronto FC a 2-0 win over New York City FC on Sunday in the first leg of the MLS Eastern Conference semifinal.

The go-ahead goal came from a Michael Bradley free kick that NYCFC failed to clear. The ball bounced around the penalty box with Ricketts taking a swing before it went to Altidore, who buried it in the net with a high shot.

Toronto had been pushing the pace and deserved the goal. Ricketts made it 2-0 in injury time, poking in a Nick Hagglund cross on a second attempt. Ricketts, who came on in the 83rd minute, started the play by winning the ball from a NYCFC player.

After a tight opening 45 minutes, Toronto came out flying to open the second half and put New York under all sorts of pressure. But the visitors weathered the storm before 28,220 on a windy night at BMO Field until the dying minutes.

The rematch goes next Sunday in New York at Yankee Stadium where NYCFC has not lost since June 2 (a 7-0-1 run). If the aggregate score is tied after 180 minutes, away goals count as the tiebreaker with extra time and penalties if needed.

There was plenty of niggle Sunday which made for a choppy game for fans and referee Silviu Petrescu alike. There was some shoving at the final whistle with Altidore involved on the Toronto end.

After tempers cooled, Altidore banged the drum to lead the Viking clap in front of the south stand.

Tempers flared in the 20th minute when New York city star forward David Villa and Toronto's Armando Cooper got tangled up. Villa appeared to kick out at the Panamanian as the two separated but escaped sanction.

"It's tough when the 30,00 fans see it but the four (officials) don't," Toronto coach Greg Vanney said in a halftime TV interview with TSN.

There were six yellows in all with one to Toronto and five to New York. THE CANADIAN PRESS

NHL

Leafs lose sixth straight on road

SUNDAY In New York

ISLANDERS	LEAFS
5	1

Brock Nelson and Shane Prince each had a goal and an assist, Thomas Greiss stopped 33 shots, and the New York Islanders beat the Toronto Maple Leafs 5-1 Sunday night.

Travis Hamonic, Casey Cizikas and Josh Bailey also scored, and Nikolay Kulemin, Nick Leddy and Dennis Seidenberg each had two assists to help the Islanders snap a two-game skid.

Jake Gardiner scored for the Maple Leafs and Jhonas Enroth finished with 30 saves. Toronto lost its sixth straight on the road (0-3-3).

After Gardiner scored 50 seconds into the third to pull the Maple Leafs to 2-1, Prince and Nelson scored 2:39 apart to stretch new York's lead to three.

The Islanders honoured former fan-favourite Matt Martin with a video tribute during a stoppage in the opening period. It was the first time Martin played against them since signing with Toronto in the off-season. THE ASSOCIATED PRESS

IN BRIEF

Brady equals record as Patriots pound Bills

Patriots quarterback Tom Brady asserted his on-field ownership of the Bills again, matching an NFL record in beating them for the 26th time.

Brady, who threw for four touchdowns, improved to 26-3 against Buffalo, and matched a record set by Brett Favre, who went 26-9 against Detroit.

The Pats (7-1) have won four straight since Brady returned from his "Deflategate" ban.

THE ASSOCIATED PRESS

Redskins, Bengals tie on other side of Atlantic

The Washington Redskins and Cincinnati Bengals played to a 27-27 draw Sunday in London as the NFL got its second tied game in a season for the first time since 1997.

The Redskins' Dustin Hopkins missed a 34-yard field goal attempt with 2:13 left in OT. THE ASSOCIATED PRESS

Westbrook's triple-double leads Thunder attack

Russell Westbrook scored 33 points as part of another triple-double to help the Oklahoma City Thunder beat the Los Angeles Lakers 113-96 on Sunday night to remain unbeaten.

Westbrook, coming off a 51-point triple-double against the Phoenix Suns on Friday, also had 16 assists and 12 rebounds against the Lakers. THE ASSOCIATED PRESS

Warriors hold off Suns

Kevin Durant scored 37 points, Stephen Curry added 28 and the Golden State Warriors held off the pesky Phoenix Suns 106-100 on Sunday.

The Warriors didn't seal the victory until Curry's two free throws with 12.9 seconds to play. Durant added a pair of free throws with seven seconds left to provide the final margin.

T.J. Warren led the Suns in scoring with 26 points. THE ASSOCIATED PRESS

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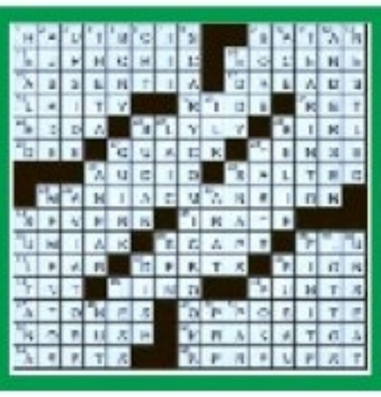

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1	8	2	5	9	4	3	7	6
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2	1	3	9	7	8	6	4	5
5	7	4	6	3	1	2	9	8
3	2	1	8	5	9	4	6	7
8	5	6	2	4	7	9	3	1
7	4	9	3	1	6	8	5	2

Bullpens getting busier

WORLD SERIES

Relief pitchers seeing more action than ever

6

This year, Chris Sale of the Chicago White Sox topped the big leagues with six complete games.

Managers head to the mound and point to the bullpens so often in the post-season, it wouldn't be surprising if they need Tommy John surgery.

Complete games have gone the way of spittoons, flannel uniforms and pregame infield practice. An average of 9.32 pitchers were used in this year's post-season games heading into the World Series, according to the Elias Sports Bureau, up from 8.16 in the 1996 and 5.70 in 1986. Matchup madness rules.

"A lot of it is just to protect your butt, that somebody else might have the information, so I better make sure that I make the move that they know I should be making instead of the move that I know I should be making," former big league manager Bobby Valentine said.

All those pitching changes contribute to World Series games turning into the late, late show.

After using a relative restrained three pitchers to win the opener 6-0, Cleveland sent seven to the mound for a 5-1 loss to the Chicago Cubs in Game 2, and they needed 196 pitches to get 27 outs. The nine innings took 4 hours, 4 minutes to play.

Through the league championship series, nine-inning post-season games averaged 3:22, up from 3:14 last year. The first four games of this year's World Series averaged 3:38. Much of that time has been for trips to the mound.

"In the past you were looking for five really good starters. That's always your focal point," Toronto manager John Gibbons said. "Things have definitely changed but you can go back the last couple of years and look at the Royals, and the big talk was how they had those three guys late, actually four guys. The starter would go five or six innings and they would just turn it over to those guys. A lot of teams are trying to do the same." THE ASSOCIATED PRESS

CLEVELAND ON BRINK OF CRUSHING CUBS' DREAMS
Cubs first baseman Anthony Rizzo, left, catches a foul ball hit catcher David Ross against Cleveland during Game 5 of the World Series on in Chicago. Cleveland entered the game with a 3-1 series lead and a chance to clinch the title. Go to metronews.ca for the result of this game and more. NAM Y HUH/THE ASSOCIATED PRESS

ICE SKATING

Chan receives Stojko advice after gold win

Imagine running a 1,500-metre cross-country race up and down hills, while leaping over barriers and carrying a sack of potatoes. That's how Elvis Stojko describes the long program in men's figure skating.

Patrick Chan won his seventh Skate Canada International title on Saturday, but it was with a flawed program that petered out over the final couple of minutes, and had the 25-year-old from Toronto describing himself as the "least-bad skater" on the night.

So Stojko pulled Chan aside to offer advice that could help put him in medal contention at the 2018 Pyeongchang Olympics.

"Patrick, he relied on the artistry for so long until everyone caught on, but in the meantime everyone was working on the quads," Stojko said. "Now, he's got one season to get this. He's got to do it now. And I told him 'You're going to make the mistakes bro. You might have to give up competition wins for it.'"

Patric Chan after winning gold
TOM SZCZERBOWSKI/GETTY IMAGES

"He relied on artistry for so long until everyone caught on."
Elvis Stojko on Chan

The mistakes were many on Saturday. To keep pace with his competition, Chan debuted an ambitious program that included three quads. He started off beautifully, landing a huge quad and triple Axel, but fell on his second quad attempt, and turned the third into a triple. He downgraded several jumps over the final lung-busting couple of minutes.

On a night that saw all but Canadian Kevin Reynolds struggle, Chan's was one of three gold medals for the host nation. THE CANADIAN PRESS

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RECIPE Roasted Pepper Penne

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You know when you don't have time to make dinner? This is the meal you make. Enjoy the sweetness of roasted peppers, creamy cheese and satisfying pasta.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients
- 500g penne
- 4 peppers (red, yellow and orange)
- 2 shallots, sliced
- 1/4 cup olive oil, plus 1 tbsp
- salt
- 1 large clove garlic
- pat of butter
- 1/2 cup shredded Asiago cheese (you can use parm too!)
- handful basil leaves, chopped

Directions

1. Preheat oven to 400 and prepare baking sheet with non-stick spray.

2. Dice peppers into bite-sized pieces and slice shallots into strips. Toss with 1 Tbsp of olive oil and salt. Roast in the oven until tender and browned, about 15 to 20 minutes.

3. In a big pot of salted water, prepare pasta according to package directions. Before draining, reserve 1/4 cup of pasta water.

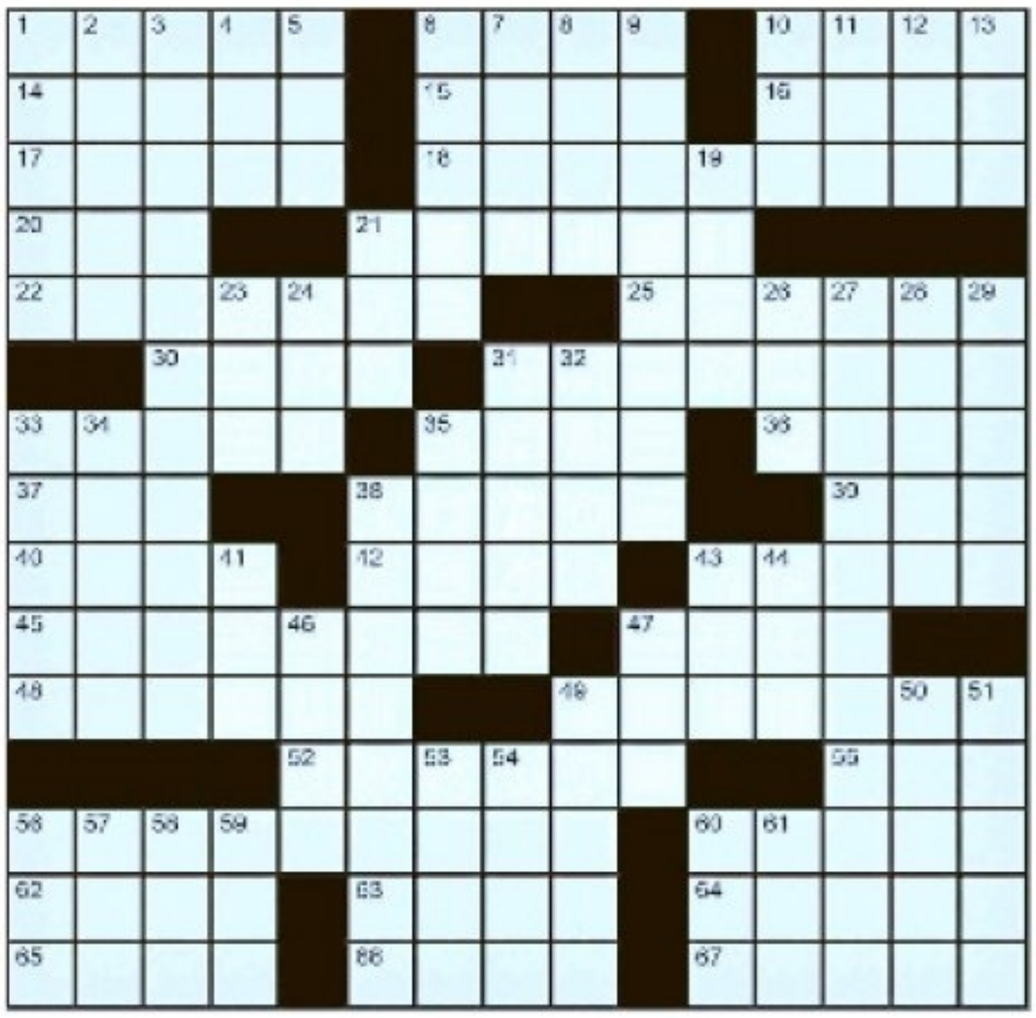
4 Place drained pasta back into pot over no heat. Stir in reserved water, about 1/4 cup oil and butter. Using a micro plane, grate clove of garlic into the pasta. (while the pasta is hot so it cooks the garlic a bit.) Stir in the roasted peppers and cheese.

5 Stir in basil and then sprinkle the top with a bit more cheese, serve and enjoy!

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. _-_'-lantern
6. Diane of "Something Wicked This Way Comes" (1983)
10. Mr. Stoker
14. Mistake
15. Tell __ (Deceive)
16. Creature in Jodie Foster's 1991 thriller
17. Rendezvous
18. "Halloween" (1978) star Donald
20. Faucet
21. False
22. Fred of "Ghost Story" (1981)
25. Halloween costume
30. Sky toy
31. Vampire's favourite colour: 2 wds.
33. "All kidding __..."
35. Cruel
36. Hurting
37. Ancient 300
38. Torch's topper
39. Not 'neath
40. "Happy Birthday to Me" (1981) dessert
42. Skeleton's forearm
43. Harold of "Ghostbusters" (1984)
45. Shakes with fear
47. __ and gore
48. __ killer
49. Ellen of "The Exorcist" (1973)
52. Appearances
55. Promise to pay
56. 2002 horror about a giant prehistoric killer shark
60. Not slashed
62. Wickedness
63. Flemish painter, Jacob van __ the Elder
64. Some sharks
65. Samhain celebrator
66. Utmost degrees
67. Annoying

DOWN
1. Volkswagen model
2. Tapestry wall†hanging
3. "Monster Mash" bit: "...with their vocal group, 'The _-_ Five'."
4. Initials-sharers of Black Sabbath's famous lead singer's daughter
5. Supper fragment
6. Oversight
7. Ballet move, Pas __
8. Prie-__ (Prayer bench)
9. Sci-Fi horror of 1983 directed by David Cronenberg, based on Stephen King's novel, with The: 2 wds.
10. Wheat: French
11. Sprinted
12. "The Walking Dead" US airer
13. British honour [acronym]
19. "Weeell??"
21. 'Post' opposite
23. Help
24. 'Meteor' suffix
26. Pros in 1982 horror flick "Visiting Hours"
27. Witch transports
28. "Able was ___ saw Elba." (Palindrome)
29. Broadway star Linda's of Jekyll & Hyde
31. Jelly __ (Sweet treats)
32. Priest of Tibet
33. Bank customers have them, e.g.
34. Frighten
35. 'Miss' in Paris [abbr.]
38. Werewolf's illuminator: 2 wds.
41. Record co.
43. Sci-Fi play
44. French actress in "The Da Vinci Code" (2006) ...her initials-sharers
46. Release-from-the-slammer payment
47. "Psycho" (1998) director Mr. Van Sant
49. Tendencies
50. "Did you survive??": 2 wds.
51. Pecan-ish
53. Just ___ on the map
54. "Fancy that."
56. Li'l garage worker
57. All Hallows' __
58. Mr. Bellows of "House at the End of the Street" (2012)
59. Carol of 2004 TV movie "Snakehead Terror"
60. MLB official
61. Scottish turndown

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You have lots of energy today to attend to banking needs, as well as anything related to shared property and inheritances. You will defend your own best interests, that's for sure.

Taurus April 21 - May 21
Discussions with partners and close friends will be lively today! You also will attract energetic people.

Gemini May 22 - June 21
You can get a lot done at work today because you're on the ball and full of energy! A female co-worker might help you. Do whatever you can to get better organized.

Cancer June 22 - July 23
This is the perfect day for Halloween because the Moon is in Scorpio. (Boo!) Scorpio is all about skeletons, spiders, snakes, secrets and scary moments!

Leo July 24 - Aug. 23
Your interaction with a family member will be powerful today. Quite likely, this person will be a female. Just go with the flow and be agreeable. (Wear a mask if necessary.)

Virgo Aug. 24 - Sept. 23
Short trips, errands and conversations with others will make this a busy day. Parents will get out with their kids to go trick-or-treating.

Libra Sept. 24 - Oct. 23
You have good moneymaking ideas today, which is why you should give them some serious thought. Some of you will think of ways to make home improvements.

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, which gives you lots of energy for Halloween stunts. Believe it or not, Halloween is a Scorpio holiday. (Who's behind that mask?)

Sagittarius Nov. 23 - Dec. 21
You will enjoy being in costume today, because Venus is in your sign. Sagittarians love all kinds of holidays, because they're an excuse for fun and good times!

Capricorn Dec. 22 - Jan. 20
Your interaction with a female friend will be fun and energetic today! Get into the spirit of things. Hand out some candy to the kids in your neighborhood.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life might be made public today. (I guess someone will find out you always wanted to fly a helicopter.) Trick or treat!

Pisces
Feb. 20 - March 20
If you can travel today, by all means do. If you can't travel, just look outside, because Halloween costumes might be a stimulating change.

CONCEPTIS SUDOKU by Dave Green

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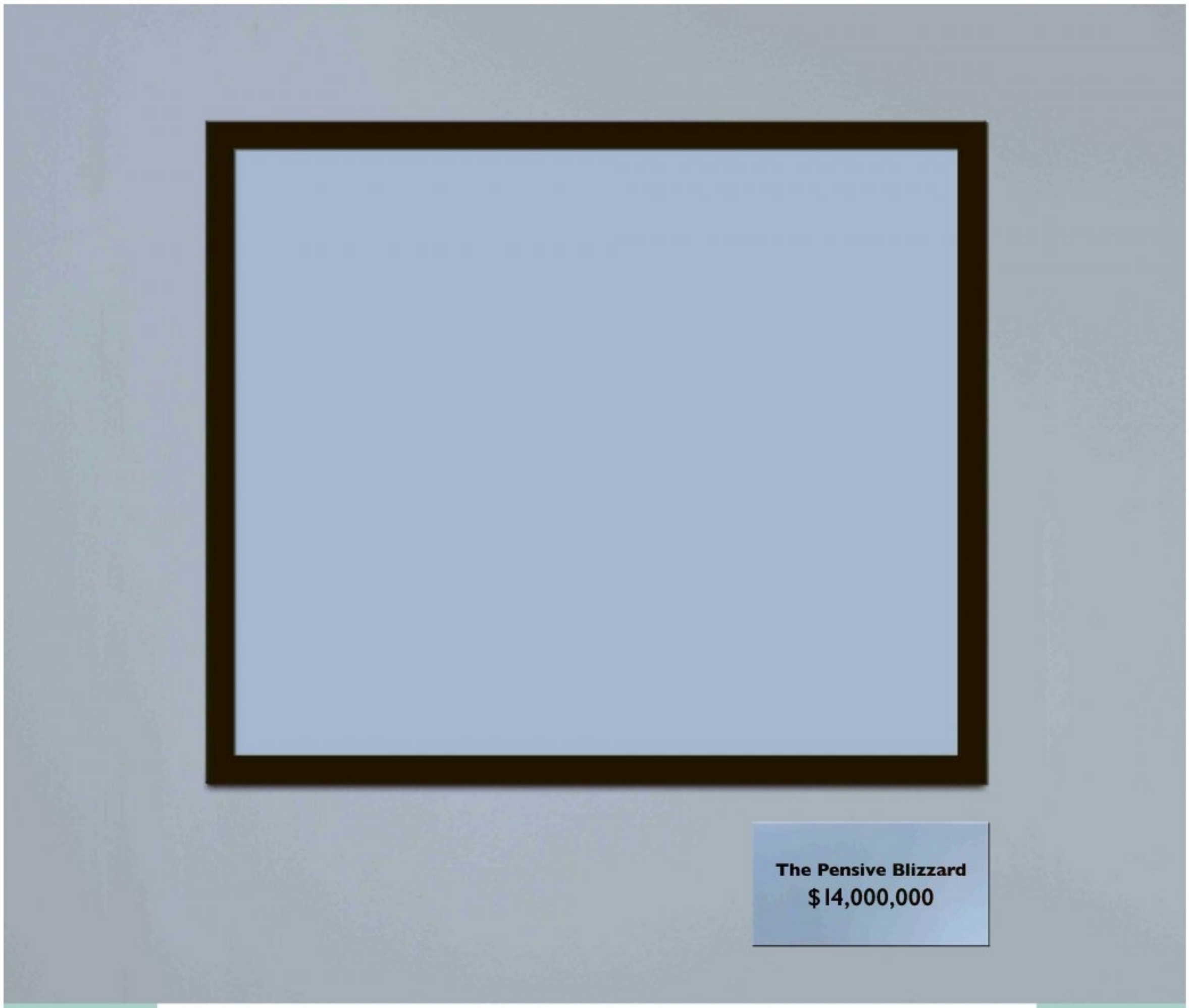

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